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GATEWAY TO EXCELLENCE

July 1999

# ST. LOUIS ARMY ENGINEER DIST **ESPRI**

## In this issue...

**Harassment**  
... page 2

**Employee of Month**  
... page 5

**Recreation trail**  
... page 5

**Canal levee**  
... page 6

**Ranger in Siberia**  
... page 7

**New employees**  
... page 8

**Dive team**  
... page 9

**Burn fat**  
... page 10

**Corps partner**  
... page 12

## Another Hammer Award for St. Louis District

The St. Louis District and the Federal Bureau of Prisons developed a Memorandum of Agreement and a Federal Civilian Inmate Labor Plan to accomplish labor intensive unfunded work at Carlyle Lake that would have been impossible under the current funding constraints. By so doing, both agencies and the public benefited.



**Bob Wilkins and Norma Hall accept the Hammer Award from MG Anderson.**

The Project and the tax payer benefit through accomplishment of work that otherwise would have been left undone. The general public benefits through improved recreational facilities. The prison work camp benefits by the opportunity to assign community status federal inmates to projects outside the work camp, and the federal inmates benefit by doing something productive for the community while possibly learning a new trade or craft that could be used when their time is served. It is a true "win-win" situation for all concerned and has saved the government about \$250,000.

The program was awarded Vice President Gore's Hammer Award. The Hammer Award is special recognition to teams of federal employees whose efforts result in government that works better, costs less and delivers results. The award was presented to Carlyle Lake and to the Federal Correctional Institution at Greenville, Illinois, by MG Phillip Anderson, Commander of the Mississippi Valley Division, at ceremonies on June 9th in the District Office.

Bob Wilkins, Project Manager, and Norma Hall, Park Ranger and Team Leader accepted for Carlyle Lake. Jane Knese, Kathy Hatfield, Patti Carr, Carol Matthews and Debbie Trimble were also part of the District partnership team. Tyrone Allen, Camp Administrator, accepted for the Federal Bureau of Prisons.





## How July 4th became Independence Day *Two days late!*

Few people realize that the resolution for American Independence was actually approved on July 2, 1776.

By June of that year, the colonies were seething with revolt. The English Parliament had forced them to endure "an absolute tyranny," as Thomas Jefferson later wrote in the Declaration of Independence.

Grievances included: Taxation without representation; Parliament's dissolving the Virginia House of Burgesses; a monopoly on exports and imports resulting in exorbitant prices; and British troops being quartered in the colonists' homes.

As the Continental Congress debated in Philadelphia, there were still those who pushed for reconciliation with the powerful mother country.

On June 7, 1776, Henry Lee of the Virginia Assembly laid a resolution before the Continental Congress for the colonies to be free and independent states. After a ferocious debate, both sides decided that a declaration of independence should be drafted in case it would be needed.

Of the five men named to write it, the job fell to Thomas Jefferson. At age 33, he felt Ben Franklin should do it, but Franklin was ill. Or that John Adams should, but

Adams won him over by saying gruffly, "You can write ten times better than I."

On July 1, Congress met to reconsider Virginia's resolution for independence. At first, a third of the colonies voted against it, and the resolution was tabled until the following day. There followed a frenzy of activity.

Sent for by messenger, Caesar Rodney of Delaware arrived after an 80-mile ride on horseback, pelted by rain all the way. He broke a tie, and Delaware voted for independence.

Patriots converged on delegates of the remaining demurring states and won them over. The vote for independence was carried on July 2.

On July 3, Jefferson's Declaration was read and passages felt to be overly inflammatory were removed.

On July 4, the declaration was finally signed and approved. BUT... independence was actually voted on July 2, 1776.

John Adams, who later served as President, said in a letter, "The second day of July 1776... will be celebrated by succeeding generations as the great anniversary festival." He was almost right.



### St. Louis District Employee of the Month

The Employee of the Month for July is Danny McClendon, of the Regulatory Branch.

Danny is recognized for establishing an outstanding working relationship between the St. Louis District and many other state and federal agencies, especially the Missouri Department of Conservation. The MDC has commended Danny for his work in reaching balanced decisions when evaluating project impacts and environmental protection. Danny has established solid partnerships with many other agencies to help him effectively perform his permit evaluations. He is very much a team player, always doing his best to reach a consensus on what will best serve the public interest.

Congratulations to Danny McClendon, the St. Louis District Employee of the Month for July.



**US Army Corps  
of Engineers**  
St. Louis District

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## News Briefs

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### Mark Twain Lake:

#### Just Wear it

The Interpretive Services and Outreach staff at the lake have developed a new safety campaign called "Just Wear It." Park Rangers Michelle Hollingsworth and Heidi Bevill have initiated water safety temporary tattoos for enthusiastic young visitors to wear. The temporary addition to the beachwear of youngsters enlists them in the Mark Twain Lake Water Safety Team. Interpretive rangers will be giving out more of these popular messages as the summer progresses.



A visitor gets a tattoo.

#### Waterfest 1999

On July 11, the lake will host Waterfest 1999 at the John F. Spalding Beach. Activities include Beach Bingo, Volleyball, Balloon Toss, Water Safety Programs by park rangers, Sand Castle Building, Red Cross Water Safety, Missouri State Water Patrol Boat Safety Presentation.

Waterfest 1999 will run from 1 p.m. to 4 p.m. Corkey will greet the public to help spread the water safety "Just Wear It" campaign and will give out temporary tattoos to participating visitors.

#### Dam assessment

Travis Tutka and SCEP employees, Lora Conrad and Dustin Riechmann, from the St. Louis District ED-GE office, performed a portion of annual dam safety stability assessments of the Clarence Cannon Dam on June 30, 1999. They took this opportunity to explain this critical procedure to Interpretive Rangers from the Mark Twain Lake Project Office. This will assist Rangers with their interpretive activities concerning dam operations and maintenance.

They demonstrated how Relative Movement Indicators and Joint Bolt Triangles are used to study the movement of the dam. This was followed by a demonstration of an Inclinometer which measures tilt and horizontal movements deep within the dam (to depths of 180 feet from the surface). The data collected allows engineers to determine if problems are developing that the human eye would have no chance of detecting prior to "big problems" developing.

Initial data analysis have revealed



no significant movements as usual, but the data is further reduced and analyzed by computer programs in the district office.

### Wappapello Lake:

#### Rendezvous change

The 21st Annual Old Greenville Black Powder Rendezvous has been rescheduled for October 2-3 at the Greenville Recreation Area. This event was originally scheduled for 17-18 April, but had to be cancelled because of high water.

Come out and take a walk back into history and enter the reenactment of a pre-1840 fur trapper rendezvous. Walk among Native American lodges; look at the trader's goods and speak to woolly fur trappers. Watch as the trappers test their mountain man skills as they compete in shooting, fire starting and hawk throwing competitions.

The primitive camp will open to the public Saturday morning and close about 4 p.m. on Sunday. This two-day event is partnered with Crowley's Ridge Black Powder Club and the U.S. Army Corps of Engineers at Wappapello Lake.

### Rend Lake:

#### Highway funds

The Rend Lake Project Office recently submitted an application to the Illinois Department of Transportation seeking Public Lands Highways (PLH) Discretionary funding for improvements to Rend City Road. The PLH funding is part of the comprehensive TEA-21 bill enacted by Congress last year. Developed in coop-

(Continued on page 4)





## News Briefs (cont.)

eration with the Franklin County Highway Engineer, the proposed project would resurface and widen the Rend City roadway throughout a 4.3-mile section of the road that borders Corps of Engineers property. The roadway is the primary access to recreational areas on the East and West sides of the lake and is currently only 18 feet in width. If the project were selected for funding, more than \$400,000 could be awarded for the project that would increase visitor safety and accessibility to Rend Lake recreational areas.

## Resource donation

Rend Lake recently received a donation from the National Wild Turkey Federation to assist with Natural Resource Management efforts at the lake. The donation was used to purchase an electric spreader, which will be used for broadcast spreading of seed and fertilizer in wildlife management areas and spreading de-icing compounds on project roads during winter. Also purchased with money from the donation was a chain link harrow which will be used for wildlife management activities such as overseeding, food plot preparation, and seed bed preparation. The Illinois Chapter of the National Wild Turkey Federation was instrumental in working with lake personnel to obtain the donation.

### ***Carlyle Lake:***

## Rubber Duck Race

Come join the fun at the Carlyle Lake spillway for a rubber duck race. Thousands of rubber ducks will take the plunge over the dam and race for

many prizes. The race will take place on Saturday, July 17th at the Dam West Spillway Area, beginning at noon. Adoption papers are available at the Visitor Center and the Project Office for a donation of \$5. Proceeds benefit the Carlyle Healthcare Foundation.

## Partner meeting

The Carlyle Lake Project recently held its annual Partnership Coordination Meeting. This meeting brings together local government, civic groups, watershed groups and other state and federal officials to discuss ongoing work at the lake as well as future work projects that will affect the lake area. This exchange of information between partners has helped to eliminate time delays on projects and created a team approach to solving potential problems for the area.

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## Y2K worries?

If you are wondering whether your computer is Y2K compatible, several new products sniff out incompatibilities.

NORTON 2000 tests a computer's BIOS, common applications and personal data files, then tells what could go wrong. Norton 2000 TOOLBOX tests software and data files as well as a systems BIOS. It includes links to the software manufacturer's websites.

PCFIX 2000 does just one thing. It diagnoses and repairs BIOS problems.

## Shirley Bledsoe's daughter graduates

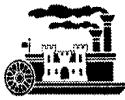
Shannon Renee' Haire (daughter of Shirley Bledsoe of ED-SG) graduated as Class President from the 8th grade on May 29, 1999, from Central Catholic St. Nicholas School with High Honors and numerous awards.



Shannon graduated number 2 out of a class of 26, with a 3.9 grade point average and was selected Salutatorian of her graduating class. Her numerous awards included a Rotary Award for Highest Academic Achievement and Recognition for highest Reading and Spelling levels. She also received a letter of Recognition from the House of Representatives for successful completion of the 8th grade with Excellence. Shannon also received trophies for the 2nd highest score on the United States Constitution Test. Lastly and most outstanding, Shannon was awarded a \$4,000 Scholarship for her Exceptional Academic Excellence to Webster University.

## Internet popularity

According to Yahoo! Internet Life, it took television 13 years to attract its first 50 million viewers. The Internet attracted 50 million users four years after its introduction.



# Employee of the Month not just a title

Employee of the Month. That's a nice little title. But it's more than a title. There's more involved than a certificate for someone to hang on their cubicle wall and a District coin. There are some substantial perks associated with that title. How does free parking in back of the building for a month sound? That'll save you some bucks and some walking. How about three days off with pay? Are you starting to get interested?

Anyone can nominate anyone else for the award. It's easy. Just fill out a short nomination form with the achievements - during the prior 90 days - of the individual nominated. Justification should be based on achievements that further one of the Corps' goals or substrategies.

The first Employee of the Month was Precious O'Neal from Human Resources. According to Precious, "I felt that it was an honor in being not

only chosen, but the first employee of the month. I like the honor because it said in so many unmentioned words that I was doing the job that I was hired for and had gone beyond the expectations and provided the Corps with additional time, energy and a level of commitment that surpassed the expectations of my supervisor."

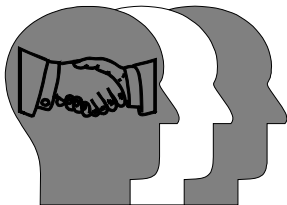
Karen Bautsch, from Engineering Division, the second employee to win the title, said, "To me, being chosen as Employee of the Month meant that someone recognized my contributions to the St. Louis District and took the time to do the nomination form."

In May, the Employee of the Month was Tim Caldwell from Project Management. According to Tim, "I do not see this award as being one that I earned, but one that those I have been involved with earned for me. I am, and will always be extremely grateful for the support every-

one has provided on a continuous basis."

The June Employee of the Month, Doug Nichols, from Wappapello Lake, said, "Knowing the caliber, dedication and professionalism of the people within the St. Louis District Team, it was a great honor to be selected..." He wanted to extend thank you's to Jerry Rapp and the entire Water Control Team for their early warning of flood potential at the lake, the Wappapello Lake Team, and Mike McClendon and Gary Stilts, Project Manager and Assistant, for their support.

It's obvious that the nominations and awards are appreciated. So, if there's someone you know who has gone "above and beyond" for the District Team, why not take the few minutes and nominate them for Employee of the Month. If they deserve it, then they deserve to be nominated.



## EE O matters

### Defining sexual harassment

Has enough been said on the subject of sexual harassment? Probably so, however, we have an obligation to foster a positive command climate and to eliminate all forms of harassment and discrimination within the St. Louis District work force. This annual update is to ensure everyone is informed and knows the policy.

The Equal Employment Opportunity Commission's guidelines define

two types of sexual harassment: quid pro quo and hostile environment.

To begin with, sexual harassment must involve sexual conduct. Often, people confuse sexual harassment with sex-based harassment. Actually, sexual harassment is a form of sex discrimination under Title VII.

If someone is harassed because of his or her gender, and no sexual conduct is involved, it's called sex-based harassment. The following statement from a male supervisor to his female employee might be considered a form of sex-based harassment: "I'd like to

promote you, but I'm afraid that women just aren't cut out for this kind of job."

When quid pro quo sexual harassment takes place, an employee is subjected to unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature. The harasser suggests - either implicitly or explicitly - that the individual's response will affect his or her employment condition. Quid pro quo is Latin for "something for something."

Since only a supervisor or manager has the authority to make decisions about someone's work situation, the harasser is always a manager in the case of quid pro quo sexual harassment. Hostile environment sexual

(Continued on page 8)



# Chain of Rocks East Canal Levee design deficiency corrections

By Kathy Tullock, PM-F

The Chain of Rocks East Canal Levee was constructed as a part of the Chain of Rocks Navigation project. It is also an integral part of the East St. Louis Flood Protection System, which protects an area of approximately 85,000 acres and includes the cities of East St. Louis, Granite City, and other Illinois communities. The protected area encompasses a residential population of 180,000 and a heavily industrialized area with total property values of \$1.4 billion.

The Chain of Rocks, East Canal Levee is nine miles long and is the responsibility of the St. Louis District. Federal responsibility includes operation, maintenance, repair, replacement and rehabilitation efforts. The other portions of the East St. Louis flood protection sys-

tem are operated and maintained by the Metro East Sanitary District (MESD). During the Great Flood of 1993, it was apparent that the Chain of Rocks Levee was not operating as intended. Sand boils were occur-

ring along a significant stretch of the levee toe. Also during high river stages in 1996, caving banks and sand boils occurred again at rela-

recommended to remove excess seepage waters and mitigation for wetlands losses is required. The Corps has the authority under exist-



A crew takes soil borings on the levee.

tively lower river elevations, indicating the 1993 flood had weakened the foundation of the levee in general.

The caving bank area was stabilized with a crushed stone berm. Emergency repair actions including replacement of damaged or missing relief wells, rehabilitation of existing relief wells, ditch relocation and filling of the existing ditch near the toe of the levee were initiated in fiscal year 1996 and completed in fiscal year 1997 at an approximate cost of \$13 million.

A 1997 report produced by the St. Louis District demonstrated design deficiencies exist in the Federal levee portion of the East St. Louis flood protection system and the related pump station. It recommended design deficiency corrections, which include installation of new relief wells, larger sand berms and a new pump station. Some utility relocations will be necessary before this work can be initiated. Construction of a new pump station was

ing legislation to make these necessary design deficiency corrections, which are justified both economically and for safety reasons.

Remedial actions to totally correct underseepage deficiencies and restore Federal Chain of Rocks East Canal Levee stability to its original design intent were authorized for a construction start in FY 1999. The first construction contract has been advertised and will be awarded this fiscal year. Currently, soil investigations by both the District drill crew and a contractor are underway. The project is scheduled to be completed during FY 2004, pending availability of funding.



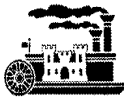
tem are operated and maintained by the Metro East Sanitary District (MESD).

During the Great Flood of 1993, it was apparent that the Chain of Rocks Levee was not operating as intended. Sand boils were occur-

## This month's test sentence

And we have the expectation that we'll get the best of our competitors in the course of the next year.

Revision on page 15)



## Park ranger to study in Siberia

By Kenneth Jamison, Park Ranger,  
Rivers Project

While studying river ecology every day at work, I will soon experience a whole new area of study. I have been chosen to participate in a Russian nature conservation initiative in Southern Siberia, sponsored by the Sacred Earth Network, a not-for-profit international environmental organization.

I'm focusing my undergraduate studies in Geography at Southern Illinois University Edwardsville. I've been studying the Russian language for 6 years including 4 years at Marquette Catholic High School and 2 years at SIUE.

As a member of this international study group, I will travel from St. Louis to Moscow, where we will board the Trans-Siberian Train and travel for three days to Nobosibirsk. There, we will travel to Barnaul to meet a group of Russian colleagues and travel together to the Altai mountains. For two weeks, we will hike the

mountains, studying various environmental issues, as well as the cultural heritage of the area. I will be part of an initiative to create a new National Park in the Southern Altai.

This particular area has had an increasing pressure on its biological resources. This pressure has necessitated the development of a multipurpose plan that will help preserve those resources, while allowing for the local people's traditional way of life and low impact recreation. I and the team hope to achieve success in our studies and integrate other objectives such as scientific research, environmental monitoring, environmental education, and economic development. By creating new jobs in the area, we hope to eliminate the threat of people poaching animals, such as the endangered red deer and fish such as the lenox which are taken for caviar. I hope to enhance my ecological studies on such great biodiversity and natural resources while studying in this region.

## FUSRAP Office donates computers

By Jacque Mattingly, FUSRAP  
Project Office

The St. Louis District has put more surplus computer equipment to good use by donating it to the Henry Clay Elementary School in North St. Louis near Hyde Park. The school's leaders work diligently to identify resources the school can use for its students.

Seven 486 computers, monitors, keyboards and mice were donated from the FUSRAP Project Office to Clay School as approved by the GSA. Bruce Stewart in Logistics Management facilitated the donation. Once school technicians have completed upgrading the equipment, the computers will be used to teach preschool through 5th grade students basic computer skills.

## Cape office, proud the Corps flag is flying

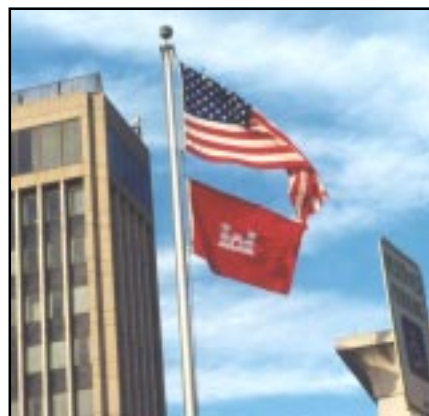
By Alan Hunter, Lower Mississippi  
Resident Office

When I came on board a couple of months ago, I noticed there wasn't a Corps flag on the flag pole at our office in Cape Girardeau. I have always worked in offices where the Corps has an overwhelming presence in a community (Vicksburg), or where we were in our own office and didn't have to use someone else's flag pole.

Hanging a 2 by 4 foot piece of cloth isn't that big a deal. If you have the right hardware and know a few rope tricks, it only takes a few minutes. But a flag represents the successes, ideals and confidence of a certain group of people. Flags have in-

spired poets, rallied troops, created heroes, won wars and maintained peace.

There is a special group of people working at the Cape office just like



there is at any other Corps office.

Now, with our flag flying, we are making a statement that our squad is intact, in business and representing the engineer of choice for Southeast Missouri and the country.

We take pride in our work and want the public to know we are here to serve them. We want them to know we are part of a larger group, a proud and unique organization with an honorable mission. We want them to know we depend on each other and on all the other people who work in a place where the Castle is displayed.

Hanging a 2 by 4 foot piece of cloth isn't a big deal, or is it?





# Our new employees

**Editor's Note:** The ESPRIT will be introducing our new employees on a regular basis. We have five to introduce to you this month.



Julie Albers is a SCEP employee who has been working in the Internal Review Office since mid-April. Julie is a student at SIU-Edwardsville majoring in accounting. She will graduate next year and plans to continue her education in accounting.



Jonathan Schulte is a Park Ranger at the Rend Lake Project Office. He received his Bachelor of Science degree in Outdoor Recreation Management/Forestry from SIU-Carbondale.



Amanda Pond is a civil engineering student trainee working in the Foundations Section of the Geotechnical Branch. Amanda is currently a senior at SIU-Edwardsville majoring in civil engineering.



Kevin Slattery is a STEP employee working in the Environmental Quality Section of the Hydrologic and Hydraulics Branch. Kevin is a senior at Westminster College, majoring in Biological Sciences.



Steve Knobbe is a civil engineering student trainee working in the Environmental Quality Section of the Hydrologic and Hydraulics Branch. Steve is currently a junior at the University of Missouri-Rolla, majoring in Geological Engineering.

Janet Mifflin is a Park Ranger at the Rend Lake Project Office. She received a Bachelor of Science degree and a Master's Degree, both in Forestry, from SIU-Carbondale. She also has an Associates of Art degree in Recreation from Rend Lake College. Janet is also a volunteer teacher for the Frisco Baptist Tuesday School where she teaches an art class for children three to five years old.



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## Harassment (cont.)

harassment occurs when unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature has the purpose or effect of "unreasonably interfering" with the individual's work performance or creating an "intimidating, hostile or offensive working environment," according to EEOC.

The inquiry revolves around the following issues:

1. Whether the conduct was verbal or physical or both;
2. How frequently it was repeated.
3. Whether the conduct was hostile or blatantly offensive;





# Louisville Dive Team works at Rend

Divers from the Louisville District got a jump on the recreational season at Rend Lake when they performed the annual underwater beach inspections in late April at the South Sandusky, North Marcum and Dale Miller beaches.

Beaches at District lakes have undergone annual underwater safety inspections since 1988 when a comprehensive District water safety plan recommended this practice. The annual inspections are usually performed by contract divers, at a cost of nearly \$5,000 for the three beaches at Rend Lake. This year, the lake saved more than \$3,000 by using the Corps Dive Team from Lock and Dam 53 in the Louisville District.



Dive Inspector, Jerry Schutte (right) goes over the dive plan before the Louisville District Dive Team gets underway at North Marcum.

The experience of checking the underwater portion of beaches was a new one for the Louisville District Dive Team, who usually performs dives at lock and dam structures during inspection and maintenance procedures. Members of the dive team average 35 to 40 dives a year. Divers must complete at least 12 dives a year to maintain their diving certification.

Dive tender Richard Culver assists diver Randy Robertson into the water of North Marcum Beach.

Among the underwater hazards the divers found during their inspection of the beaches were: a more than three foot drop off that had formed in the buoyed area of one beach during the last winter, concrete buoy anchors inside a swim area, and bottles, cans and other debris left by last year's recreationists.

Rend Lake is looking forward to having the crew from Louisville back next year.

## Harassment (cont.)

4. Whether the alleged harasser was a co-worker or supervisor;
5. Whether others joined in perpetuating the harassment; and
6. Whether the harassment was directed at more than one individual.

The complainant will need to answer these basic questions:

- Who harassed you?
- What was the nature of the conduct?
- When did it occur?
- Where did it occur?
- How did you react to the conduct?
- Did you make it clear that the con-

duct was unwelcome? If not, why not?

-How frequent was the conduct? Is it still going on?

-Were there witnesses? Did you tell anybody about it? Did anyone see you visibly upset after episodes of alleged harassment?

-Has this happened to others?

-How would you like to see the situation resolved?

Retaliation is illegal and should not occur. Retaliation can be overt or subtle. It can come in the form of increasing the employee's workload, not recommending the employee for a

promotion or giving the employee a poor performance review.

If it appears that sexual harassment occurred, immediate action is required. By not taking action to correct sexual harassment, management places itself in danger of breaking the law.

Harassment violates our ethical and moral standards, undermines interpersonal relationships, and interferes with the effectiveness of the work force. It is the responsibility of each individual to uphold the integrity of the St. Louis District work force by keeping it free of biases, prejudices and sexual harassment.



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## To your health

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### Burn fat automatically with fiber, muscle

Fight fat with fiber? You bet.

You always knew that fiber was a great weight-loss tool. It fills you up quickly, which helps you eat less.

Now we find it's even better.

Doctors at the Human Nutrition Research Center say each gram of fiber substituted for simple carbohydrates (cake, donuts and cookies) results in a 7-calorie loss.

That means if you double your fiber intake from the average of 13g a day to 26, your body will absorb about 90 fewer calories. Over a year, you can easily lose 10 pounds. If you boost fiber intake to 35g, you could lose 15 pounds.

Fiber fights calories by speeding them through your digestive system before they can be absorbed and stored as fat. Fiber may decrease your risk of heart disease and cancer. It reduces absorption of cholesterol.

Gradually increase the amount of fiber you eat. Drink at least eight glasses of water a day. The editors of Prevention suggest sipping herbal tea before or during meals.

You'll find lots of fiber in cereals, whole wheat bread, fruits, vegetables, brown rice, beans and nuts.

### Protect your colon with milk

A study in the Journal of the American Medical Association shows that daily intake of calcium of 1,200 mg reduced precursors of colon cancer in a group of people at risk.

### Fat fighting muscles

You can lose weight without eating less if you get more muscle and more fiber.

Muscle burns 17 to 25 times as many calories as fat. One Tufts University study showed that after exercising just 12 weeks, people who increased their muscle mass by three pounds could eat 15 percent more calories without gaining weight. In the 12-week program, participants averaged a three-pound increase in muscle mass and a four-pound reduction in body fat.

Their exercise program called for alternate days of upper-body exercise with weights for ten minutes every other day. On alternate days, they exercised the lower body using leg weights.

Doctors of exercise physiology say it's best to start with a weight that causes muscle fatigue after one set of 8 to 12 repetitions. If you can lift the weight 13 to 15 times, it probably isn't heavy enough. If you can't lift it at least eight times, it's too heavy.

### Sleep and high BP

If you only get four hours of sleep on a given night, your blood pressure will probably measure 15 points higher during the hours you should have been sleeping. It will stay higher all of the following day. The American Society of Hypertension says people diagnosed with high blood pressure should strive to get seven or eight hours of sleep a night.

### Another reason for you to get strong

As part of the Honolulu Heart Program, the hand-grip strength of middle-aged men was measured. Then, 25 years later, subjects were checked for physical disability. Those with the strongest grips at mid-life had fewer age-related disabilities later. Results of the study add to evidence that greater muscle strength during middle age can reduce the risk of physical frailty in the future.

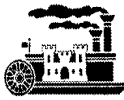
Lifted any weights lately?

### Yo-yo diet and gallstones

People who repeatedly lose weight and regain it increase their risk of developing painful gallstones. A study published in the Annals of Internal Medicine that covered a 16-year period and studied 47,000 women, found those whose weight fluctuated by 10 to 19 pounds had a 31 percent higher risk of gallstones. Those whose weight fluctuated more than 19 pounds at a time had a 68 percent higher risk. The implication for everyone is that reaching and maintaining a healthy weight is best.

### Vitamin C for prickly heat

It's that pimply-looking heat rash that itches. During WWII, American troops in the South Pacific were given vitamin C for treatment, and it still works today. C helps to keep sweat glands from becoming overworked.



## Retiree Review

By the Retiree Correspondent

June 17th found most of the retirees actively involved in other things, rather than having lunch at the Salad Bowl. Many of the regulars were at the golf tournament at Rend Lake. Indications are that they did very well in their endeavor to win some prizes. In any event, they probably had a great outing.

There were just a very few retirees in attendance. They dispensed with the usual format of story telling and recognizing birthdays and seniority. They just had a great lunch and some quiet conversation.

It was mentioned that Lyle Forth, a faithful regular and a former member of the District's Real Estate Division, passed away. Condolences to his family.

Charlie Denzel, who was playing golf at the time, sent

a message asking all retirees to consider becoming a NARFE member. He requested that the following be included in our review.

"NARFE is fighting to get your civil service annuity exempt from state income tax. All federal employees active or retired can be members. NARFE's primary goal is to protect retirement benefits, which includes pensions, colas and health benefits. Anyone interested in obtaining more information should call Charlie Denzel at 314-487-6969."

Recognizing that these are the good vacation months, even for retirees, let's see if we can increase the number of attendees at the July luncheon. It will be on July 15th at the Salad Bowl at 11 a.m. Hope to see you there.

## Coming Lake Events

### Carlyle Lake

July 17	Kaskaskia Duck Race
Aug. 11-12	Lightning Regatta of North America
Sept. 11-12	Whale of a Sail Regatta
Sept. 18	Carlyle Lake Cleanup
Oct. 22-23	Haunted Trail
Nov. 7	Youth Pheasant Hunt
Dec. 3	Christmas USA Visitor Center Lighting

### Lake Shelbyville

July 13-15	Environmental Educator Workshop
Oct. 7	Eco Meet

### Rend Lake

July 24-25	Hunter Safety Course
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Aug. 7	Summer Beach Blast
Sept. 11	Rend Lake Cleanup

### Wappapello Lake

Sept. 18-19	8th Annual Old Greenville Days
Nov. 26-Dec. 25	7th Annual Festival of Light Christmas Auto Tour

### Mark Twain Lake

July 10-11	Primitive Artifacts Weekend
July 11	Mark Twain Lake Waterfest
Aug. 14-15	19th Annual Salt River Folklife Festival
Sept. 4-5	North American Bullriding Assoc. World Championship Finals
Sept. 24	Environmental Education Fair
Oct. 2-3	Missouri Mule Days
Oct. 9	An Adventure in Astronomy

## Quote of the month

There is a time in the life of every problem when it is big enough to see, yet small enough to solve.

Mike Leavitt

## Sentence revision

And we expect to best our competitors during the next year. *Traps avoided: have expectation, get best and in the course of.*



# College Foundation partners with Corps

The Rend Lake College Foundation has joined the U.S. Army Corps of Engineers at Rend Lake to help with environmental education. Through a generous donation, the Rend Lake College Foundation has become co-sponsors of the summer-long series of environmental events that are held each year at Rend Lake.

The series began with the annual Rend Lake Earth Day Celebration in which over 4,000 school children attended the two-day event. Participants took part in numerous presentations on a wide range of environmental topics. The environmental theme continues with the Environmental Science Series, which is held at the Rend Lake Visitor Center on Saturdays between Memorial Day and Labor Day. These presentations include topics such as bees, snakes, birds of prey, and archeology. The summer-long series of environmental events ends on September 11, 1999, with the annual Rend Lake Cleanup. Approximately 500 volunteers participated last year by spending a morning picking up litter along the roads and shoreline around Rend Lake. The event closes with a free lunch for all volunteers and awards ceremony where participants get a chance to win donated prizes including bikes, resort packages, and concert tickets.

This partnership is the latest project between Rend Lake College and the Corps of Engineers. Past projects have included the Elderhostel program, Rend Lake Cleanup, federal employee training, Spring Sport Show, Career Camp, and a recycling program. Both groups are working towards a common goal - education. Rend Lake College, the Rend Lake College Foundation, and the Corps of Engineers at Rend Lake will continue to work on new cooperative programs towards further education on a variety of topics. The Rend Lake Foundation should be applauded for their environmental ethic, regional approach,



Math class from East St. Louis attends the Environmental Science Series as part of their curriculum.

# Corps recreation trail pays dividends

A front page headline in the May 6 issue of the Southeast Missourian states, "New Trail Heavily Used." The 4.7 mile recreation trail system is in constant use by exercise enthusiasts from six in the morning until 11 at night. The St. Louis District played a roll in initiation of this trail system.

About one mile of trail was first built on lands purchased for the Cape Girardeau - Jackson Metropolitan Area Flood Control Project. It is called the Cape La Croix Recreation Trail, with its name taken from the Cape La Croix Creek, where significant flood control construction was completed in recent years. The Corps of Engineers/City of Cape Girardeau segment of the trail system is centrally located within the larger city system and allows walkers, joggers and cyclists to pass through a heavily commercialized area without interference from vehicular traffic.

The article says that the trail system, which now connects three of the major parks in the city, is constantly busy with exercise enthusiasts.

Wayne Miller, Jr, Cape Girardeau Project Manager, says, "Reports of this nature are very rare. There are very few similar stories in the entire Mississippi Valley Division. It is gratifying to know that St. Louis District played a role in this success."

Local flood control projects are frequently authorized to include trails or other recreation plans and the federal government will pay 50 percent of the cost. Unfortunately, local sponsors do not recognize the potential for these plans and are not willing to pay the other 50 percent. The City of Cape Girardeau was wise enough to take advantage of this opportunity and is continuing to expand their system of trails.

